



# 13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

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Trenkhorst, Heiko

00: TV Sottrum  
00: 475

00: 42.18 km  
Marathon

0000:  
Senioren M40 (40-44 Jahre)

000: 5:00:45

00: 8.38 km/h  
0000: 7:08 min/km

00000/0000: 169 (of 272)

00000/0: 156 (of 245)

000000: 3:07:01

00000: 41(of 63)

0000000: 3:35:43

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| 000   | 00   | 00    | 00     | 00 | 00    | 00  | 00    | 000   | 000     | 000    | 00 | 00      | 00  | 00      |
|-------|------|-------|--------|----|-------|-----|-------|-------|---------|--------|----|---------|-----|---------|
|       | km   | 00    | min/km | -  | -     | 0   | 0     | km    | 00      | min/km | -  | -       | 0   | 0       |
| Runde | 3.47 | 18:33 | 5:20   | 18 | 2:43  | 68  | 4:47  | 3.47  | 18:33   | 5:20   | 10 | -       | 163 |         |
| Runde | 3.47 | 20:26 | 5:53   | 31 | 3:59  | 116 | 5:45  | 6.94  | 38:59   | 5:37   | 10 | -       | 163 |         |
| Runde | 3.47 | 22:37 | 6:31   | 42 | 5:40  | 163 | 7:40  | 10.41 | 1:01:36 | 5:55   | 10 | -       | 163 |         |
| Runde | 3.47 | 23:23 | 6:44   | 47 | 6:22  | 174 | 7:46  | 13.88 | 1:24:59 | 6:07   | 10 | -       | 162 |         |
| Runde | 3.47 | 23:47 | 6:51   | 45 | 6:32  | 168 | 8:12  | 17.35 | 1:48:46 | 6:16   | 10 | -       | 161 | 12:30   |
| Runde | 3.47 | 23:58 | 6:54   | 42 | 6:09  | 157 | 8:30  | 20.82 | 2:12:44 | 6:22   | 10 | -       | 161 | 15:04   |
| Runde | 3.47 | 25:08 | 7:14   | 43 | 6:57  | 162 | 9:35  | 24.29 | 2:37:52 | 6:29   | 10 | -       | 161 | 17:37   |
| Runde | 3.47 | 25:46 | 7:25   | 41 | 7:19  | 148 | 9:38  | 27.76 | 3:03:38 | 6:36   | 10 | -       | 161 | 18:58   |
| Runde | 3.47 | 27:21 | 7:52   | 41 | 8:46  | 158 | 11:19 | 31.23 | 3:30:59 | 6:45   | 10 | -       | 160 | 1:12:09 |
| Runde | 3.47 | 28:49 | 8:18   | 43 | 9:20  | 164 | 12:43 | 34.70 | 3:59:48 | 6:54   | 10 | -       | 155 | 1:24:52 |
| Runde | 3.47 | 29:46 | 8:34   | 44 | 10:19 | 176 | 13:54 | 38.17 | 4:29:34 | 7:03   | 10 | -       | 155 | 1:38:46 |
| Runde | 3.97 | 31:11 | 7:51   | 52 | 13:12 | 199 | 30:54 | 42.18 | 5:00:45 | 7:07   | 41 | 1:25:02 | 159 | 3:31:32 |